

# SHARECARE CHALLENGES

## FEBRUARY 2023

Making healthy choices isn't always easy, especially when temperatures drop, stress rises, and the days become darker. It can be hard to find the time and energy to exercise regularly, prepare healthy meals, practice self-care, and ensure that you're getting enough quality sleep. But taking some steps to protect your health can help you thrive during the winter months. Remember, even small changes can make a difference!

### Continuing This Month...

#### Walking in Winter Challenge

December 1, 2022 - February 28, 2023

Goal: Track 300K Steps

#### Winter Wellness Challenge

December 1, 2022 - February 28, 2023

Goal: Earn 75 Green Days

## Challenges

### Running

### February 1st - February 28th



#### Sugar Savvy

##### Track diet for 28 days

Consuming too much sugar is linked to greater risk for several chronic health issues. Here's some simple strategies that can help you slash your added sugar intake—without sacrificing flavor.

- Aim to limit packaged and processed foods.
- Try replacing sugar with cinnamon, nutmeg, ginger, or other spices to enhance the taste of food.
- Opting for fruit is another way to satisfy your sweet tooth.

#### Stay Sharp

##### Track sleep for 28 days

Some healthy habits that can help your sleep quality:

- Spend time outside during the day
- Avoid long naps
- Get regular physical activity
- Avoid alcohol and stimulants, such as caffeine near bedtime
- Establish a consistent and relaxing bedtime routine



For more information, go to [mycare.sharecare.com](https://mycare.sharecare.com) and click the Achieve tab

#### Smart Savings

##### Track spending habits for 28 days

Having a savings account can protect your financial health and improve your overall well-being. A nest egg can help with unexpected expenses and enable you to build wealth. Like all healthy habits, little changes can lead to big results. Finding ways to save small amounts of money can add up over time. So, just skipping afternoon trips to the coffee shop or making lunch at home could help you prepare for the future.

#### Positive Self-Talk

##### Track stress for 28 days

Self-talk, which is a combination of your conscious thoughts and unconscious biases, helps your brain make sense of your daily experiences. But when it's negative, it can erode your self-esteem and contribute to stress. Positive self-talk, on the other hand, can bolster your confidence and help you manage your stress. Being mindful about how you talk to yourself is important for your overall health and quality of life.

#### Boost Your Mood

##### Track 140K steps

Walking and other forms of physical activity can:

- Improve your balance and coordination
- Help prevent or manage chronic health issues, such as heart disease and type 2 diabetes
- Help to lower stress
- Build muscle and protect your joints
- Promote quality sleep



